



January 2015

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



More Blood Donors
Needed

— Page 5

Concussion Treatment

Navy Medicine Brings Training to Hampton Roads

STORY AND PHOTOS BY
MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Professional athletes and service members have something in common that might not be immediately obvious: they are both at risk for injuries that lead to concussions, which is a form of mild traumatic brain injury.

While initiatives started by the NFL to tackle this issue have been grabbing recent headlines, treatment programs for service members injured at home and on the battlefield are leading the way in developing the protocols to treat patients with concussions and other forms of mild TBIs.

Navy Medicine is among those taking steps to advance and standardize care of service members who may be suffering from a concussion, which led to three training sessions being offered at Naval Medical Center Portsmouth for shipboard and clinic health care providers in Hampton Roads Jan. 7 – 9.

A team from the Navy Bureau of Medicine and Surgery's Wounded, Ill and Injured taught dozens of providers the protocols for assessing and treating mild TBI and concussions over the three days.



Health care providers attending the mild TBI/concussion course participate in a group training exercise focusing on conducting a Military Acute Concussion Evaluation.

"Concussion awareness is critical," said Capt. Jack Tsao, program director for BUMED's TBI program. "It has been helpful to develop more programs and care options when people, from

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Photo by MC1 (SW/AW) Abraham Essenmacher

First Baby of 2015

Meet Olivia Harper Hickey, NMCP's first baby of 2015, born Jan. 1, at 2:14 a.m. She is the first child of Elizabeth and AZ1 Jason Hickey, assigned to the Dusty Dogs of Helicopter Sea Squadron 7 at Naval Station Norfolk.

Read Olivia's story on Page 3.

Save the Date

Transportation Incentive Program

In an effort to reduce traffic congestion and pollution while increasing the number of available parking spaces, NMCP is encouraging involvement in the Transportation Incentive Program. TIP provides a federal subsidy of up to \$130 per month to those who meet the requirements and utilize mass transit, such as a commuter bus, commuter train, subway/light rail, vanpool, and ferry (walk-on, bicycle, and vanpool passengers only). To sign up, visit www.fmo.navy.mil/Divisions/FMO3/transportation_incentive_program.html. If you have questions, contact Karen Barnett, NMCP TIP Coordinator, at (757) 953-0429 or email karen.barnett@med.navy.mil.

VITA to Help with Tax Season

Make tax time less taxing – NMCP's Volunteer Income Tax Assistance is open beginning Jan. 20. The return is prepared and e-filed just as it would be at a tax preparation business, but at no charge. Tax assistance is available to military staff, retired military staff and government employee staff.

Call any of the following are IRS certified tax preparers to schedule an appointment: NMCP – QMC Jenita Myers, ENT, 953-5164; MMC Kadene Miller, SARP, 953-9957; HMC Antoinette Saunders, Women's Health Clinic, 953-4882; FC2 Bridgette Moen, BOMI, 953-5856. Branch Health Clinics – HMC Eric Watson, BHC Norfolk, 953-8676 and HMC Dexter Raysor, BHC NNSY, 953-6509.

ODU Tickets for Troops

Old Dominion University Athletics would like to thank military members for their service and will provide tickets for military members and their families to every ticketed athletic event at Old

Dominion University as part of their "Tickets for Troops" program. The tickets can be accessed by military members by visiting www.ynottix.com and entering the code "TROOPS" in the promotional code box. Military members can obtain up to four tickets per game.

Park View Elementary Volunteer Opportunity

NMCP's partnership with Park View Elementary is continuing during the 2014-15 school year and gives staff the chance to make a difference in the students' lives.

Volunteer opportunities include being a math or reading tutor in the classroom, assisting in the library, remediation block tutoring from 2:40 – 3:10 p.m., and being a lunch buddies mentor during lunch hours, which are from 10:50 a.m. to 1:30 p.m. Clubs after school include math and science clubs, and the strings program for violin or cello.

There are also one-time volunteer opportunities throughout the year for events such as the science fair, Celebrity Reader Day, Career Day and Field Day.

Those who are interested in volunteering should contact, Lt. Cmdr. Mark Edwards at mark.a.edwards@med.navy.mil; or call (757) 953-5336 to speak to HM2 Guy (lashaunda.guy@med.navy.mil) or HM1 Rippentrop (ann-marie.rippentrop@med.navy.mil).

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

THE COURIER

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Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

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Naval Medical Center Portsmouth: First Baby of 2015

By DEBORAH R. KALLGREN
NMCP Public Affairs Officer

At 2:14 a.m. on New Year's Day, Olivia Harper Hickey became Naval Medical Center Portsmouth's first baby of 2015. She entered the world at 9 pounds, 3 ounces and was 21¼ inches long.

Olivia's parents are Elizabeth and Jason Hickey of Virginia Beach, Virginia. Jason is an Aviation Administrationman 1st Class at Naval Station Norfolk assigned to the Dusty Dogs of Helicopter Sea Squadron 7. Olivia is the couple's first child.

The baby's due date was Jan. 4, but Olivia couldn't wait. Elizabeth went into labor early Dec. 31.

The couple had picked out family names early in the pregnancy. The name, Olivia, was chosen after an experience Elizabeth had before they knew the baby's gender.

"I had a dream about an Olivia. I was chasing a little 2-year-old girl named Livvy; I was calling her Livvy. She had pigtails. And she goes running to (Jason) in uniform at the door – I was yelling after her, 'Don't trip and fall,'" Elizabeth said. The dream "was before we knew we were having a girl. I swore we were gonna have a boy. I told (Jason), 'We can't not have an Olivia.'"

As the medical center's first baby of the year, Olivia and her parents received a gift basket from the Oakleaf Club of Tidewater, Virginia. Its president, Tracy Helman, presented the basket filled with onesies, bibs, diapers, baby books, a gift card and other items to the ecstatic couple. Oakleaf Club member JoAnn Moran personalized a towel by cross-stitching "NMCP baby" on it.

Elizabeth was thrilled with the gift as well as the care she's received at NMCP.

"This is the best care I've had in a hospital. My anesthesiologist knew immediately everything to do before I even had to



Photos by MC1 (SW/AW) Abraham Essenmacher

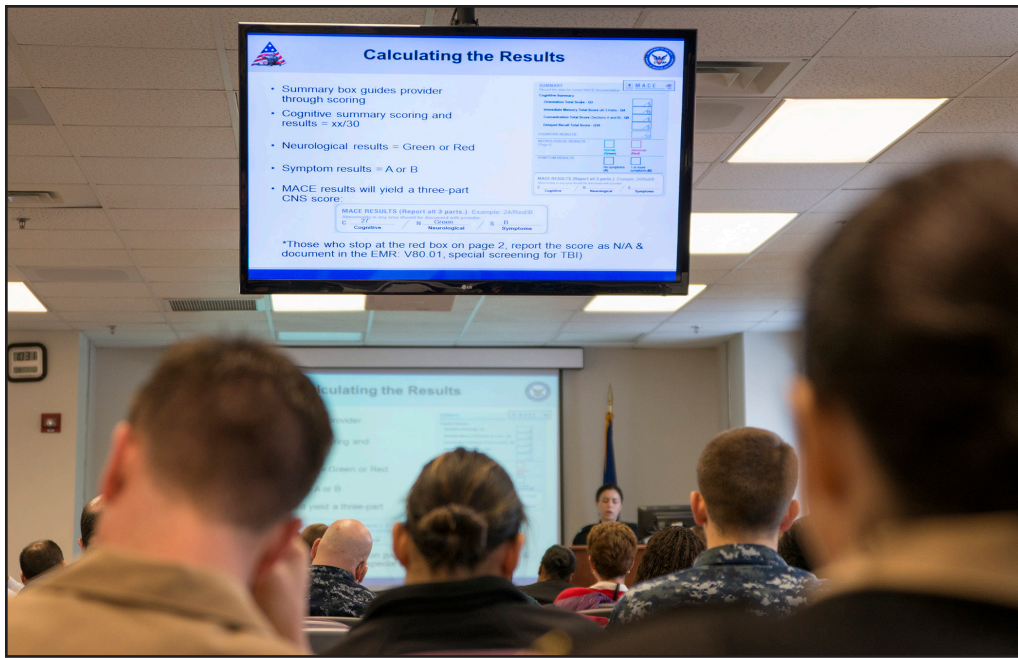
Elizabeth Hickey holds Olivia, NMCP's first baby of 2015. She was born at 2:14 a.m. on New Year's Day, entering the world at 9 pounds, 3 ounces and 21¼ inches long.

ask," Elizabeth said. "He made me feel comfortable having a child and just being in the hospital in general."

Jason, originally from Keyser, West Virginia, said he can't wait to do everything with little Olivia. Elizabeth, from Jacksonville, Florida, looks forward to taking Olivia four wheelin' and to the beach.



Tracy Helman, president of the Oakleaf Club of Tidewater, presents Elizabeth and AZ1 Jason Hickey with a gift basket. The basket was filled with onesies, bibs, diapers, baby books, a gift card and a personalized towel with "NMCP baby" cross-stitched on it.



Cmdr. Tara Cozzarelli discusses how to calculate the results of the the Military Acute Concussion Evaluation during the class on mild Traumatic Brain Injury/concussion.

TBI — Continued from page 1

Congress to officials in organizations such as the NFL, see the impact of these injuries. We conduct training for our health care providers globally on a regular basis, so they are aware of what current protocols are, and they can accurately treat patients.”

Rear Adm. Elaine Wagner, the deputy chief for Wounded, Ill and Injured, stressed the continued need for being prepared to treat TBIs and concussions, despite the official end of the Afghanistan and Iraq wars.

“This is a topic that is not going away just because of the ending of our last war,” Wagner said. “Of our recorded cases, 85 percent of concussion and TBI that happen to our active duty personnel are while (they are not deployed). It is really important that our providers have an understanding of current theories and treatments to help patients with this type of injury.”

A mild TBI/concussion occurs when two conditions are met: an injury event and either an alteration of consciousness, a loss of consciousness or post-traumatic amnesia.

When a service member is believed to have this type of injury, their first-line provider will administer an evaluation called a MACE, or Military Acute Concussion Evaluation. Service members must also be allowed to rest and have downtime for a minimum of 24 hours following the potentially concussive event, even if they are not diagnosed with a concussion.

Service members who have more than one potential concussion in any 12-month period will be required to rest for additional time after their symptoms resolve. They must be re-evaluated and medically cleared before returning to duty.

“About 95 percent of people will recover from this in a week or so, but the small percentage who do not, will have to go and

receive more specialized care,” Tsao said. “The overall goal of this training is to help standardize the way patients are treated for this type of injury.”

First-line providers will monitor concussion patients for more than a dozen symptoms ranging from headache, dizziness and irritability to memory problems, sleep issues and seizures. The patients can also be treated with medication to reduce headache and help other symptoms. If the symptoms persist, the patient can be referred to a facility for CT scans and more advanced treatment as required.

“As a corpsman or primary care provider, we need to be aware of procedures and policy on treating this type of injury,”

“It is really important that our providers have an understanding of current theories and treatments to help patients with this type of injury.”

— Rear Adm. Elaine Wagner
deputy chief, Wounded, Ill and Injured

said Chief Hospital Corpsman Dexter Raysor, a special operations independent duty corpsman who is currently the leading chief petty officer at the Norfolk Naval

Shipyard Branch Health Clinic. “With training and guidance like this, we will hopefully be able to spot these injuries early on and accurately treat our patients.”

Some training was a refresher for providers who have already trained in treating concussions, while some aspects were new.

“This class was a great refresher for aspects of this injury I have already learned and use,” Raysor said. “There were also numerous other things that I have even seen for the first time here like the algorithms to help guide providers through the treatment process. As a health care provider with the potential to treat this type of injury, this training is more than beneficial. I can teach my staff about the early signs and treatment of TBI, which will greatly increase our patient care capability.”

ASBP: Blood Donations Needed During Winter

STORY AND PHOTOS BY
REBECCA A. PERRON
NMCP Public Affairs

Every year, from the holiday season until warm spring days, blood supplies run critically low at military and civilian hospitals. Winter weather can affect the logistics of holding a blood drive, and fewer people make the time to donate blood.

Naval Medical Center Portsmouth's blood program is one of those affected, where on some days in January and February, only a few people are scheduled donate at the Apheresis Center.

NMCP's mobile blood team collects most of the donations NMCP needs by visiting commands throughout Hampton Roads several times a week, where their goal is to collect at least 30 to 40 units at each stop.

"I'm O negative, so I know that that blood can be used for anyone," said Information Systems Technician 2nd Class Jessica Rasmussen, who's stationed on USS Tortuga and recently donated on the mobile van. "I've donated about

15 times now. I do it because I know people need it. You're really saving lives by donating."

Between the mobile van and the Apheresis Center, the monthly goal is 500 whole blood units. Platelet donations can be made in the Apheresis Center, where the monthly goal is 60 platelet units. During this time of year, usually about 400 units total are collected.

"We are always trying to meet our goals so we don't have to take away from inventory from another military facility or have to purchase from an outside civilian agency," said Lt. Colleen Cordrick, Blood Donor Center division officer. "When we don't reach our collection goals, we reach out to other military facilities first of all using the Blood Management Tool.

"We post our needs on that website, and then other military facilities, if they have an excess of blood, they can send us products we can use," Cordrick said. "If we can't fulfill that way, we do work with the American Red Cross and another civilian agency, called the National Blood Exchange, to try to obtain units."

According to Cordrick, a typical platelet unit costs \$600 from a civilian agency, while whole blood units range from \$285 to \$400 depending on the blood type.

NMCP is one of 22 Armed Services Blood Program donor locations. The units collected also support Langley hospital, as well as overseas theater operations.

"The Armed Services Blood Program tries to be self-sufficient and not seek blood products from other sources," said Ralph Peters, the blood donor recruiter who sets up the mobile van schedule.

IT2 Jessica Rasmussen donates blood on the mobile van while the mobile team visits USS Tortuga at Joint Expeditionary Base-Little Creek Jan. 16.



An infusion nurse at NMCP's Ambulatory Infusion Center adjusts settings while retired Army 1st Sgt. Oliver Walmon receives a blood transfusion Jan. 6.

"Donations are voluntary, so we try to help them understand the urgency of the need for blood products, so we can have them on the shelf ready to go when patients need them."

Units must be on hand during surgical procedures in case a patient loses blood and needs a transfusion in the operating room. Units are also needed for patients with cancer, autoimmune diseases and other conditions that require them to receive regular blood transfusions.

Children receive transfusions in the Pediatric Infusion Center, while adult patients get them in the Ambulatory Infusion Center. Retired Army 1st Sergeant Oliver Walmon has been diagnosed with myelodysplastic syndrome, which means his bone marrow does not make enough healthy blood cells. He receives transfusions in the AIC every two weeks.

"It's life-saving and I couldn't do without it," Walmon said. "I really appreciate

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Weight Loss: It's A Lifestyle, Not a Resolution

STORY AND PHOTOS BY
MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

Every year, resolutions to lose weight come hand in hand when the ball drops and the New Year is rung in. This year, for two Naval Medical Center Portsmouth Sailors, starting a resolution to become healthier was not on their list – both had already worked toward that goal and adopted a healthy lifestyle in 2014.

Lt. Cmdr. Mark Edwards lost 30 pounds over five months and Hospital Corpsman 2nd Class Melissa Anderson lost more than 100 pounds in eight months.

As in most years, losing weight topped the list of resolutions in 2014. But about 30 percent dropped their resolution by the middle of January, while more than half had stopped working toward their goal after six months. The percentage of those who actually succeeded in achieving their resolution: eight.

Edwards and Anderson had what many resolution-makers lack – lasting motivation, a support system and a realistic plan for success.

'Just Do It'

Edwards, the department head of Material Management, began working out four or five times a week. He watched what he ate and, most importantly, had a network of support. Edwards said his faith in God and support from a friend, Lt. Shanda Avent, were his best support and motivational factors.

"I just really want to thank her because she was one of the biggest motivating factors for me besides God, always being there and inspiring me to believe that I could do it," Edwards said.

To lose more the 30 pounds, Edwards counted calories and implemented portion control, as well as staying away from fried foods and junk food. He later added two to three miles of cardio to his workouts.

"I also didn't take any dietary supplements or weight loss pills, I did this naturally," Edwards said.

Edwards noted that he didn't aim to be on a diet. What he needed was something more permanent.

"People can go on diets, but it is like anything, you end up going back to the same thing you did before; it's truly a lifestyle change that you need," Edwards said. "The way you eat, the way you think about things. If you know you need to exercise, just do it. It's a thought process change."



Lt. Cmdr. Mark Edwards hits the bike as part of his workout.

His biggest suggestion to others who want to become healthy is to stay encouraged and don't give up.

"It doesn't happen overnight – a lot of times when people don't see weight come off right away, they get discouraged, but like everything it is a process and takes time," Edwards said. "You will be happier in the end when it takes longer because you will appreciate the results more. We need to really look at our health as being an important part of our life and make sure that we are taking care of our bodies. We only get one."

She's Going to Wear the Pants

Anderson also decided that she needed a healthier lifestyle and went through a dietician to assist her during her weight loss journey.

"I had three kids back to back and then had a hysterectomy due to cancer," said Anderson, who is the executive assistant to the senior enlisted leader for the Nursing Services Directorate. "I had to make a lifestyle change to stay in the Navy, but for my health, too."

She started out at 310 pounds and in just eight months, she was down to 209 pounds. Anderson dropped from 51 percent body fat to 34 percent and is still working to drop more.

"I took out all sugars, sweets and caffeine," she said. "I ate low carbs, and I ran three miles every day, sometimes twice a day."

She admits the journey wasn't always easy, but when she found herself struggling, she "thought about my kids, because

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mom needs to be around, and I want to be healthy.”

Anderson’s biggest motivation was to wake up every morning and see a pair of pants hanging on the wall. These were the smaller-sized pants she wore before her pregnancies, and they were a visual representation of where she plans to be with her weight.

“I tacked them underneath my workout schedule, and it is a reality check for me on where I can go back to,” Anderson said. “When I look at the pants, I see a skinny girl, and then I picture myself as a big girl. I know I can get back to where I was before, and I keep telling myself I can do it.”



HM2 Melissa Anderson does mountain climbers for a warm up.

You have to find a goal and stick to it, Anderson said.

Her advice to others who are at the starting block: “The same program doesn’t work for everyone. Find one that works for you and stay positive.”

NMCP Can Help

The Wellness Department offers multiple programs, resources and support for those who don’t want to travel the journey alone. Programs include ShipShape, an eight-week weight management program, and Right Weigh, a four-week course that provides tools to live a healthy and active lifestyle. Both programs are open to active duty, retirees, adult family members and civilian employees.

The ShipShape course meets for two hours on Thursdays, focusing on nutritional information and ways to be healthier during the first hour. The second hour is spent at the gym, where participants learn a variety of exercises and physical activity routines that can help burn fat and strengthen their body.

ShipShape was originally developed for service members who exceeded body composition standards, but it’s now open to others. The program is still recommended for service members who exceed or are in danger of exceeding body composition standards, with the goal of fostering a healthy lifestyle to achieve appropriate body composition standards.

ShipShape focuses on learning how to fuel the body for better mental and physical performance; increasing physical activity to increase strength and endurance; and developing skills to help maintain healthy weight and lifestyle.

During the classes, participants plan an individualized system of goals and rewards to stay motivated, as well as

strengthen problem solving techniques and stress management skills to avoid relapses.

“ShipShape focuses on introducing them into something new and exercising the correct way, the right way to burn calories and build muscle,” said Alice Fitzpatrick, community health programs specialist. “We show them the right foods to eat to help with recovery and not slow metabolism down.”

The Right Weigh program offers similar tools needed to live a healthy and active lifestyle. Right Weigh is a four-week course that meets once a week for an hour.

“Our goal is to get the person to be aware of healthier eating, getting physical activity in, having a healthy approach to life and to not be

obsessive,” Fitzpatrick said. “This is a lifestyle change, not something you do for four to eight weeks, and we have to instill that mindset.”

Fitzpatrick said they try to keep the programs light, interactive and fun, so working toward a healthier lifestyle does not feel stressful or like a punishment.

“What people want to do is say, ‘this is what you have to do,’ but we have to help them come up with it themselves,” Fitzpatrick said. “The motivation is stronger if it comes from them; if they are just doing it because they were told too, then it’s not going to be strong.”

According to Fitzpatrick, instructors help participants find that inner motivation and try to see the process as positive.

“When you have negative mindset,” she added, “it’s hard to change and motivation goes down. We want to help keep their motivation up and their confidence up.”

For more information on ShipShape and Right Weigh, contact Fitzpatrick at alice.fitzpatrick@med.navy.mil or (757) 953-9247.

Wagenman: Senior Sailor of the Year

'Always try to do better'

By MC3 JENNA KALISZEWSKI
NMCP Public Affairs

"I never thought I'd make a career out of the Navy," said Hospital Corpsman 1st Class Russell Wagenman.

But he's now on his 19th year in the Navy and was named Senior Sailor of the Year for Naval Medical Center Portsmouth. He then completed for and was selected as Sailor of the Year for Navy Medicine East.

He joined the Navy right after high school with his twin brother, Robert, and they both went through boot camp, corpsman school and pharmacy tech school together.

They grew up on the family farm in Dent, Minnesota – the first in their family to join the Navy.

"It was hard on our mom to lose us both at the same time, but our parents are proud of us," said Senior Chief Hospital Corpsman Robert Wagenman. "They had a lot of influence on us, instilling a hard work ethic and drive in us. One of Russell's strongest characteristics is that he works hard every day and he does all of this for his Sailors and command, not for himself."

Russell is currently the leading petty officer for NMCP's Director for

Nursing Services. He previously worked in the pharmacy. He said the change in positions, supported by his chain of command in both the pharmacy and nursing services, helped him achieve Sailor of the Year.

"Nursing services is outside of my comfort zone," Russell said. "I can't jump in and do what my Sailors do every day. I try to learn from them. Even though I am in a management position, I try to get out with my Sailors and learn about what they do every day. Hopefully, I'm learning as much from them as they're learning from me."

He has a constant drive to do better. And that's Russell's advice to junior Sailors: "Always try to do better. Don't get into the mindset of this is good enough."

Russell said his twin brother has been a huge help and mentor to him throughout his career. They have served together

three times throughout their careers, including their current tours at NMCP, pushing each other to excel.

"In school, we were always trying to see who could get the best grades," Robert said. "Competing for higher scores in corpsman school helped us do well on tests."

Robert and Russell were each other's support network after leaving home. They made third class at their first command



Photo by MC1 (SW/AW) Abraham Essenmacher

HM1 (SW) Russell Wagenman displays his award during a round of applause after his selection as Navy Medicine East's 2014 Sailor of the Year.

together, but afterwards their careers took different paths.

"He's been a mentor to me," said Russell. "I'd call him almost every day bouncing stuff off of him. I know things are serious when he calls me HM1."

Russell takes a genuine interest in his Sailors and really enjoys the role of being an instructor.

"One of the things I enjoy most about the Navy is meeting new people," he said.

— See SOY, next page



Photo by MC1 (SW/EXW/AW) Gary Johnson

HM1 (SW) Russell Wagenman receives the NMCP Sailor of the Year plaque from HMCM (FMF/EXW/SW) Aaron VanDall, NMCP command master chief; Capt. Darin Via, NMCP commanding officer; and Capt. Bradford Smith, NMCP executive officer; during the NMCP Sailor of the Year ceremony.

Congratulations Sailors of the Year

The Sailors of the Year were recognized by Capt. Darin Via, NMCP commanding officer; Capt. Bradford Smith, NMCP executive officer; and HMCM (FMF/EXW/SW) Aaron VanDall, NMCP command master chief; during a ceremony on Dec. 12. They are HM1 (SW) Russell Wagenman, Senior Sailor of the Year; HM2 (FMF) Terron LaSalle, Sailor of the Year; HM3 Class Andrea Atchison, Junior Sailor of the Year; and HN Brad Somera, Bluejacket of the Year (not pictured).

SAILOR OF THE YEAR

As the leading petty officer for Resuscitative Medicine and Tactical Combat Casualty Care Program manager, Hospital Corpsman 2nd Class (FMF) Terron A. LaSalle guided and mentored three Sailors in the certification of 746 students in eight Resuscitative Medicine Training Programs and increased the instructor cadre by 13 for the TCCC, Advanced Cardiac and Pediatric Life Support courses.

Additionally, he supervised 24 instructors and coordinated two providers and one instructor course, which led to the qualification of 54 staff in the principles of high quality trauma care. He contributed 384 man-hours of training to 96 students in Basic Life Support and Heart Saver techniques with a certification rate of 100 percent at a command cost avoidance of \$149,000 in enrollment and travel fees.



JUNIOR SAILOR OF THE YEAR

As a general duty corpsman in the Women's Health Clinic and the work center supervisor for Maternal Fetal Medicine, Hospital Corpsman 3rd Class Andrea L. Atchison expertly led four active duty and civilian staff in providing care to 600 complicated obstetrics patients. She assisted with 150 ultrasounds and 300 non-stress tests and completed paperwork for all aneuploid screenings. Her efforts during the Navy-Marine Corps Relief Society and Combined Federal Campaign fund drives resulted in 100 percent contact, raising \$14,000. As a member of the command Color Guard, she exudes professionalism.



SOY — Continued from previous page

"After growing up in a small town, it's been fun getting to interact with people from all over the U.S. and other countries. I love hearing their stories.

"Being an instructor in the Navy was one of my most rewarding experiences," Russell said. "I love seeing the look on people's faces when you're teaching them something new and they understand it. Teaching people lets me give something back to the Navy, the community, and give the students something they can use for years."

And later on, after the Navy, Russell said he's interested in teaching math, science or history. He'd like to buy an RV

and travel with his wife and children.

Russell's goal is to make Chief this next cycle because he wants to stay in the Navy for more than 20 years. He hopes his selection as Sailor of the Year will help him achieve that.

"I've enjoyed the experience," Russell said. "It's kind of like a dream come true. I started my career here and made E4 here. I didn't think I'd be back and represent this command as Sailor of the Year.

"So many people have been influential in me getting where I am," Russell said. "I'm not doing anything special; my Sailors are the ones doing this."

Staff Member Makes Difference in Community

STORY AND PHOTO BY
MC2 (SW) TERAH L. BRYANT
NMCP Public Affairs

When medical record technician Mary Gore goes home at night, she is really just taking a short break before going to what would be considered as multiple second jobs. Gore has been working in Data Flow, Patient Administration since 1989 at Naval Medical Center Portsmouth, and in her off time, dedicates herself to countless organizations that benefit the community.

"There is a lot of knowledge out there that I can get and bring back in to help the community," said Gore. "Being a coder, you learn your medical terms, you learn acronyms, everything you do you take it in. It gives you knowledge as to what people are talking about."

According to Gore, you cannot work in a job without comprehending and learning.

"If you love what you're doing, it's going to help you. I love what I do and I love helping people. Everything I learn here, I take it to apply outside, and everything I learn outside, I bring here," Gore stated, reflecting on the many organizations that she is a part of. They include:

District 24 Chesapeake Lions Club

Chairperson for the Performance and Improvement Committee of the Health Department

Board of Directors for Norfolk-Portsmouth Community Health Center

Kaiser Foundation

Citizens' Committee to Protect the Elderly

The Lions Club is an international network of 1.3 million people who work to help people who are blind, visually impaired and at risk of blindness. The Chesapeake Lions Club has a specially equipped van to perform diabetes screenings, eye exams and to collect and hand out eyeglasses for those who need it.

Gore was preparing for a health fair at her church in 2005 and saw the Lions van at another church. She approached members and asked how she could have them

come to her church. She was invited to dinner by the lieutenant governor of the club and learned it could benefit people in the community.

"I won't become involved in anything unless it helps other people," Gore stated.

She became involved in the Lions Club, becoming trained to perform eye exams and diabetes screenings to help out the community, all while she was moving up the ranks.

Gore's main objective was to be able to give back to the community. After joining the District 24 Chesapeake Lions Club, Gore expanded the club's outreach area, venturing into areas that they previously hadn't visited.

"I took them into areas that were predominately low income, crime areas to set up the Lion's van to do eye exams and diabetes screening," Gore said. "I saw where it was going to benefit other people that were afraid to approach or reach out to the Lions Club."

In 2009, Gore was elected as the first African-American woman to be president of the District 24 Chesapeake Lions Club.

"It was never my intent to become president; my intent was to simply gain as much knowledge as possible to bring it back to the community," Gore said. "I wanted to help them with eyeglasses, diabetes screenings and other health issues that the club had to offer that people weren't receiving before."

Before her year as president ended in 2010, she established a Lions Club that meets out of Norfolk State University which consists of predominately African Americans who help the surrounding community.

Gore also sits on the Board of Directors for Norfolk-Portsmouth Community Health Center as its secretary.

"We govern the rules and regulations of the health department," Gore said. "We make sure it is run properly, rules are carried out and make sure all of the finances

are taken care of."

The board consists of medical professionals, doctors from Sentara and from the local health department. Gore is on her third and final three-year term as secretary.

The board meets with the mayor to discuss what is needed for the community.

"We have opened clinics in multiple areas to help homeless, people with insurance or no insurance," Gore said. "We



really want people to know that the clinics are not just for those that are homeless or without insurance, we serve TRICARE and all other insurance. The clinics have a sliding scale that will determine the payment and we have trained medical staff to help people."

Along with her volunteer work locally, Gore will travel to Capitol Hill as a representative for the board March 18 – 22.

"We will meet with senators, legislators and Congressman to talk about how we could better implement the health plan for those who need it," Gore said. "This is my second year going to talk with them to see what we can do."

Taking in all this information, Gore's theory on all that she does is, "I need to be educated so I can educate you. If something happened to me it is my responsibility to make sure it doesn't happen to you. If there is something that I can do to help, I will."

Opportunity to Sing Is Music to NMCP Sailor's Ears

By MCC (SW/AW) LESLIE L. TOMAINO
NMCP Public Affairs

When Master-at Arms Seaman Braeden Berry joined the Navy after high school, he only planned to stay for one enlistment while he figured out how he could leverage a career in the music industry.

Berry, a Naval Medical Center Portsmouth staff member, did not expect to be discovered on YouTube and invited to Nashville to meet with record executives, an opportunity that was music to this young Sailor's ears.

"They asked me if they could help with my journey in the music career and are excited to see how far I go," said Berry of Magenta Records. "I was extremely excited to be contacted and get such an amazing opportunity presented."

During his trip to Nashville, Berry performed at The Tin Roof Bar, an experience he won't soon forget. Working under the guidance of music producers, he recorded an album of his songs. Berry expects to have "Under the Stars," and perhaps more songs, uploaded on iTunes later this month.

Berry, originally from Covington, Georgia, joined the Navy with a friend after graduation. His great uncle is a retired colonel and was also a big influence on his decision to serve. It was at high school graduation where he sang for the first time for an audience of 6,000 that he received praise from many for his voice.

It was on the back roads of Georgia, in his first car that only had a tape player, that Berry listened to the radio. The stations that had the best reception were country and gospel music. Although he wasn't a country music fan at the time, it quickly grew on him. As he sang along, his singing grew on those who rode with him.

"I realized this could be something more once I started driving friends home from school, and they told me how well I could sing," Berry said. "It inspired me to start singing. Music has always been something that influenced me and given me joy. I started playing guitar after my grandma and parents bought me my first guitar for my 15th birthday and I taught myself how to play guitar; to this day, it's my main guitar."

A Sailor committed to his work by day, he writes his own music in his off time. Drawing from personal experience, he has written 10 songs and hopes listeners connect to them, and are influenced in a positive way.

"One song I remember writing with a friend was about me leaving for boot camp and the things that were going on in my life at the time," said Berry. "I wrote about how despite what changes from there the memories will remain the same. I'm sure that's something a lot of Sailors can relate to when leaving home like I did."

Berry's chain of command has been supportive. Berry showed off his talents, performing twice for packed rooms of his directorate's personnel.

"MASN Berry is an outstanding master-at-arms and a huge asset to our department and it is unfortunate the Navy will be losing a Sailor like him," said Chief Culinary Specialist Darryl Smith, leading chief petty officer for NMCP Emergency Management Security. "I believe whole heartedly that Berry will have a successful music career, because of his passion for music and talent as a performer, he can easily compete and give everyone a run for their money."



Photo by MC1 (SW/AW) Abraham Essenmacher

Berry has this advice for Sailors and others with dreams and aspirations like his.

"Find something you love and pursue it regardless if it seems unrealistic. I don't know how many times people have tried to tell me to do something that is going to 'work', but honestly music works for me and I love it," said Berry. "If you give up on your dreams you will never know what could have happened. Look at me – lots of good things are going my way because I'm pursuing it now."



Photo by MC1 (SW/EXW/AW) Gary Johnson

MLK Birthday Celebration

Martin Luther King Jr. would have been 86 years old this year, and while his birthday was Jan. 15, and the holiday Jan. 19, NMCP celebrated the life of the civil rights leader Jan. 16. Capt. Darin Via, NMCP commanding officer, shared his thoughts about Dr. King. "When you think about Martin Luther King, you think about all the things he accomplished and all the people he inspired," said Via. "I think that if all of us think of him and his dreams and we strive towards those goals, we will be a much better nation and a much better Navy."

DONATE — Continued from page 5

anybody who's giving that blood, because I found out I need it and a lot of people need it."

While on active duty, Walmon donated blood frequently, motivated by the thought of children with leukemia and other cancer patients. Doctors have told Walmon he would not be able to donate again, but he wishes he could.

Chief Navy Counselor (SW) Katrina Bradford donates as often as she can. It's one way she gives back to the medical system that supports her son, Keshaun Spencer, who was diagnosed with sickle cell disease when he was born. Keshaun, now 15, has received monthly transfusions for about a decade.

"If it wasn't for the donors, what would we do?" Bradford said. "So they are very important."

Keshaun agrees.

"I'm really grateful for (them), because if it wasn't for them, I wouldn't be here today," said Keshaun, while he was receiving a transfusion. He said he'd rather be playing basketball or playing trumpet with his high school marching band instead of coming to the medical center for care. But he considers that the blood donations are "really a blessing."

Hospital Corpsman 2nd Class (SW) Lindsay Gray, the donor center leading petty officer, encourages others to donate and help them meet demand. She has donated about a dozen times.

"If you think about the end result of saving someone's life, a simple stick of the needle and the time it takes to donate should not deter you at all," Gray said. "The time it takes for whole blood is about an hour. The majority of the time is administrative – we have to make sure that you are able to donate blood. Your hemoglobin has to be at least 12.5, and we do an interview, which is the most time-intensive part. The blood donation part

takes only about 10 minutes."

Donors can give either whole blood or platelets. Platelet donation can take an hour to an hour and a half, since the platelets are collected by a machine and the remaining blood components are returned to the donor. Platelet donations can be made every 14 days, while whole blood donations can be made every 57 days.

Those interested in donating whole blood or platelets at NMCP's Apheresis Center can call (757) 953-1717 to make an appointment. Commands interested in scheduling the mobile van can call (757) 953-1686.

Readiness: When Bad Weather Strikes

Make sure you know whether you are "mission essential" and monitor the command Facebook page for the most complete information and guidance when foul weather occurs.

Information is also provided to local TV stations, Twitter and on the NMCP website, but your most complete guidance will be at www.facebook.com/NMCPortsmouth.

Sites to Monitor

www.facebook.com/NMCPortsmouth

<http://twitter.com/NMCP1>

www.med.navy.mil/sites/NMCP



Photo by MC1 (SW/AW) Abraham Essenmacher

Civilian in the Spotlight

Jeff Downs

Hometown: Lynchburg, Virginia

Years of government service: three years as a civilian with one year at NMCP; retired as a chief legalman with 20 years

Job: Military justice paralegal

What do you like most about your job? I get to work with great people and my job is never boring. I enjoy the challenges of the legal world and I am continually learning something new.

What do you do in your off-duty time/hobbies? I have a 3-year-old daughter so I don't have a lot of free time, but I enjoy watching sports. I am a big college football fan (Virginia Tech Hokies) as well as a big Washington Nationals fan. My wife rides horses competitively, so I go watch her when I can.

Favorite movie: Saving Private Ryan

Favorite food: Cheeseburger

Why is he nominated as Civilian in the Spotlight? "Jeff is the straw that stirs the drink in military justice at NMCP," said Lt. Medardo Martin, assistant staff judge advocate. "As a retired chief, he is critical in ensuring that disciplinary issues are handled swiftly, consistently and with a result that is fair to our Sailors."

Sailor in the Spotlight

YN2 Mark A. Kindle

Hometown: Mount Vernon, New York

Years of service: 12.5 years, 18 months at NMCP

Job: Executive Assistant for the Command Suite

What do you like most about your job? Problem solving and the people I work with.

What do you do in your off-duty time/hobbies? Cook/grill, read, play Call of Duty, volunteer at CHKD.

Favorite movie: Mo' Better Blues by Spike Lee

Favorite food: Pizza

Anything else interesting about yourself that you would like to tell us? My birthday is the same day as the Hospital Corpsman birthday. I think it's pretty interesting that I am a yeoman who works with hospital corpsmen at a naval hospital on a daily basis. Since working here, I've gained a lot of respect for hospital corpsmen and I'm honored to share the same birth date with such great Sailors.

Why is he nominated as Sailor in the Spotlight? "YN2 Kindle is the epitome of the Navy's Core Values of Honor, Courage, and Commitment," said Senior Chief Hospital Corpsman (SW/AW) Sonia M. Bethea, Command Suite senior enlisted leader. "His maturity is commendable! He has daily interactions with all levels of the chain of command, up to and including the commanding officer, executive officer, and the command master chief. Not only does he provide unparalleled expertise and exceptional customer service, he maintains the utmost professionalism when interacting with the staff, fostering constructive solutions and assistance. He is most deserving of the recognition as NMCP Sailor in the Spotlight."



Photos by MC2 (SW) Terah L. Bryant

SENIOR SAILOR OF THE QUARTER

As the executive assistant for the command master chief, Hospital Corpsman 1st Class April Roots processed more than 100 command awards, 20 command Color Guard requests, coordinated three Shipmate of the Month ceremonies, three Sailor and Civilian in the Spotlight recognition requests, two Sailor of the Quarter and Year program boards and ceremonies, three family Ombudsman orientation briefs and three retirement ceremonies. She also demonstrated her leadership skills as the Command Suite LPO, which encompasses more than 42 Sailors across six directorates. She was nominated to be the vice president of the First Class Petty Officer Association. As the chairperson for the command training team, she led 20 Sailors in the facilitation of six Navy Pride and Professionalism and General Military Training Courses for more than 300 newly reporting officer and enlisted staff which increased the command's NP&P readiness to 90 percent.



Photos by MC1 (SW/EXW/AW) Gary Johnson

SAILOR OF THE QUARTER

As the executive assistant for Associate Director of Surgical Services, Hospital Corpsman 2nd Class Tia Cooke is a crucial member of the DSS leadership team. She ensured directorate timelines were met, yielding mission accomplishment and goal achievement across the largest surgical directorate in Navy Medicine. She supported 315 officers, 320 Sailors, 312 civilians in the delivery of quality health care to more than 16,700 beneficiaries. She requires no supervision, willingly accepts responsibilities and consistently produces quality results regardless of the situation. She also ensured that DSS's medical and dental readiness was maintained at 90 percent. To ensure the success of junior Sailors at the command, she instructed six petty officer leadership courses for 62 students and four enlisted advancement program courses for more than 140 personnel.



JUNIOR SAILOR OF THE QUARTER

As a general duty corpsman in the Women's Health Clinic, Hospital Corpsman 3rd Class Kionna Watson assisted 60 providers and nurses in the delivery of quality health care to more than 18,000 beneficiaries. A technical expert in her clinic, she is fully qualified in six subspecialty area. She is one of only three corpsmen proficient in the immunization and staple clinic and has assessed more than 1,200 wound care patients and administered 2,400 immunizations. She spearheaded the departmental training program, leading more than 380 hours of training. She tracked and confirmed completion of 40 required topics, maintained 42 records in compliance with Joint Commission standards, and achieved 100 percent completion of all required training.



Miner Family Brings Gifts to Brighten Patient's Spirits



Joshua Vigil, 7, speaks with Laurie Miner after receiving a gift bag.



Ayden Wellman, 5, and mother Charity receive a gift bag from the Rob and Laurie Miner.

Left: Rob Miner hands a gift bag to Berkleigh Griggs, 2, and mother, Stacie.

BLUE JACKET OF THE QUARTER



As a general duty corpsman for the Medical Home Port Team, HN Sarah Campbell conducted vital signs, patient assessments, minor procedures and patient education. She supported six providers and completed 3,600 patient encounters this quarter. Her motivation to take on more responsibility made the "go to" person for all providers, mastering the Periodic Health Assessment. She completes 90 percent of her providers assessment; decreasing their workload by 20 percent. As assistant team leader, she directly impacted command Relay Health enrollment by 10 percent, improved provider continuity, and aggressively implemented care point access to 100 percent of staff in the department. She reviewed Interactive Customer Evaluation comments for the largest Medical Home Port on the waterfront; entered and responded to 350 comment cards.

The Courier Asks What Is Your 2015 Resolution?



HA TEDDY BARBOSA
Pediatrics Ward 4B

To lose weight and get a healthier lifestyle.



ALEYA MEDINA
spouse

Stay happy and healthy in 2015.



CSSN KATHERINE KIM
Quarterdeck

Start a healthier lifestyle, manage my money better, and start school once I get out of the Navy.



HN CHRISTOPHER
BROWN
Dental Clinic

To improve myself overall – spiritually, mentally, and financially.



AIR FORCE COL.
RONALD JOHNSON
Navy Medicine East

Meet our savings goals as a multi-service market in 2015 of \$4.7 million.



HMCS SONIA BETHEA
Command DAPA

Reach out to people more often and to do more community service in 2015.



HN ALEXANDRA
REEDER
GI Clinic

Make a point to call my family more often.



HN JAVIER GAMEZ
Family Medicine

Watch more Netflix and get better at drawing blood.



CMDR. ROBBIE SCOTT
NMCP Chaplain

Always see the best in others.



HMI SONIA
STRICKLAND
Director for Clinical Support
Services LPO

To make board for Chief Petty Officer and finish my education.